

MH4HRM, the European project that promotes the mental well-being of employees in companies.

- ***Project implements a toolkit for human resources managers in the workforce***
- ***With a budget of 400,000 euros this project involves eight partners from five EU countries***



Kick off meeting Valencia, December 2023

In December, MH4HRM partners met for the first time in person at the SGS headquarters in Valencia.

During this meeting, the structure and tasks by partner for the work packages were developed, resulting in the implementation of a series of tools to support employee well-being.

SGS coordinates MH4HRM, an Erasmus+ (KA2) project that offers an innovative Toolkit for Human Resources Managers in the Workforce. Recently, due to the COVID-19 pandemic, our

mental health has been put to the test. In all work sectors, stress has reached unprecedented levels.

The overall well-being of employees is essential for business success, and HR professionals play a key role in driving corporate initiatives. They are responsible for assessing psychosocial risks at work and identifying areas for corporate well-being.

Managing psychosocial risks and work-related stress are significant challenges in occupational health and safety. Consequently, HR directors must be trained to identify and manage these challenges appropriately. The HR department plays a crucial role in advising and helping to solve problems to ensure well-being at work and prevent situations such as burnout.

With a budget **of 400,000 euros and a duration of 30 months** (Dec 23-May2026), MH4HRM is a European project co-financed by the Erasmus+ program that arises in response to the growing need to strengthen mental health competencies in European companies. Through this project, the aim is to understand the basic characteristics of the most common causes of worker discomfort, such as work-related stress and burnout, identify their impact and provide HR professionals and departments with tools to address them effectively.

A project led by expert entities in workplace safety and well-being, as well as in training and human courses

The consortium behind MH4HRM is made up of experts in human resources, occupational safety, and training from different European countries.

Specifically, the partnership is composed of the Spanish entities Fundación Equipo Humano, SGS, Croatian institute of public health (HZJZ), Alma mater studiorum- universita di bologna (UNIBO), IDEC (Greece), Hellenic insitutte for occupational health and safety (Elinyae), Laboratório, formação, higiene e segurança do trabalho (Portugal)

We have launched the project website!

You can now learn more about the project at <https://mh4hrm.eu/> where you can stay updated with the latest news, events, and developments. You will also have access to all the tools related to workplace well-being.

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Next steps

Next transnational meeting in Croatia in September, where the consortium the objectives achieved in the **second work package** will be discussed.

The partners have been working to develop a work package that emphasizes the development of technical and soft skills for the prevention and improvement of occupational health and employee well-being.

